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ABSTRACT

Percentile norms derived from the distributions of 1.5 mile running times for a sample of males aged 12 through 18 are given. (MS)

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PERCENTILE NORMS ON THE 1-1/2 MILE RUN FOR MALE SECONDARY SCHOOL STUDENTS DURING AUTUMN, 1970.

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Research Report 71-02

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PERCENTILE NORMS ON THE 1-1/2 MILE RUN FOR MALE SECONDARY SCHOOL STUDENTS DURING AUTUMN, 1970.

In his book, entitled The New Aerobics, Dr. K. H. Cooper stated that "a run of at least 1.5 miles or a duration of at least 12 minutes is necessary to estimate accurately by field-testing methods the maximum oxygen consumption."[1] The Physical Education Departments of Churchill, Killarney and Point Grey Secondary Schools have used Dr. Cooper's statement to measure the physical fitness of male students in running 1-1/2 miles.

Percentile norms have been derived from the distributions of running times for each age-group (12 to 18 years of age, inclusive) of male secondary school students. A percentile can be defined as a person's relative position in a norm group expressed in percentage terms. Thus, a percentile of 75 indicates that a student can run faster than 75 per cent of the norm group and slower than the other 25 per cent. Percentiles form an ordinal scale that denotes the ranking of a person in terms of percentage for the research sample.

The percentile norms in the following table represent the distribution of running times for a student-sample at three Vancouver secondary schools. The extent to which the table may be applied to other student groups depends upon how representative the standardization sample is of each group being tested. As the research sample is also relatively small, the percentile table should be interpreted with caution, particularly near the ends of each distribution of running times.

[1]Cooper, K. H. The New Aerobics, (New York: Bantam Books, 1970), p. 32.

PERCENTILE TABLE OF THE 1-1/2 MILE RUN FOR BOYS AT CHURCHILL, KILLARNEY AND POINT GREY SECONDARY SCHOOLS, AUTUMN, 1970.

(EXPRESSED AS MINUTES : SECONDS TO THE NEAREST WHOLE NUMBER)

PERCENTILE	AGE (IN YEARS)							PERCENTILE
	12	13	14	15	16	17	18	
99	10:05	9:11	8:50	8:34	8:18	8:27	8:53	99
95	10:29	9:40	9:18	9:07	9:04	9:04	9:08	95
90	10:39	10:03	9:34	9:23	9:15	9:16	9:18	90
85	10:44	10:20	9:48	9:36	9:26	9:27	9:54	85
80	10:49	10:27	9:57	9:46	9:38	9:42	10:04	80
75	10:55	10:35	10:07	9:55	9:47	9:59	10:10	75
70	11:02	10:43	10:16	10:05	9:56	10:11	10:34	70
65	11:08	10:52	10:25	10:13	10:07	10:22	10:41	65
60	11:17	10:59	10:34	10:21	10:18	10:29	10:44	60
55	11:27	11:08	10:43	10:28	10:27	10:40	10:48	55
50	11:41	11:18	10:56	10:36	10:34	10:46	11:00	50
45	11:48	11:29	11:08	10:46	10:40	10:53	11:09	45
40	12:14	11:40	11:18	10:56	10:53	11:01	11:23	40
35	12:30	11:50	11:33	11:07	11:04	11:07	11:32	35
30	12:35	11:57	11:49	11:23	11:15	11:17	11:42	30
25	12:45	12:06	12:05	11:38	11:28	11:28	12:00	25
20	13:22	12:18	12:22	11:54	11:46	11:46	12:18	20
15	13:35	12:38	12:44	12:12	12:21	12:09	12:25	15
10	13:42	13:07	13:14	12:42	12:52	12:56	12:38	10
5	13:47	14:06	14:09	13:25	13:40	14:39	13:52	5
1	13:56	16:18	17:59	15:51	15:16	18:21	16:06	1
NO. OF STUDENTS	39	360	404	343	278	147	36	

NOTE: Please interpret the table with caution as the sample populations are small.